

our staff

At The Center for Therapeutic Services & Psychodiagnostics we have assembled a team of therapists who work for you and with you to bring healing and growth. Our therapists are trained in a range of traditional therapies, in addition to holistic and complementary therapies.

Dr. Amanda Karlen, Psy. D, LCPC

Cindy McKnight, MS, LPC

Dr. Laura King, MSPHD Yoga/Relaxation

Sharon Bremer, LCSW

David Stiver, MA, LCPC

Julia Lawrence, MS, LPC

Dr. Melissa J. Folk, Psy.D

Kristin Ann Peterson, MA, LPC

Theresa J McMillan-Contos, MA, LPC

Heidi Wodrich, MA, LPC

Dr. Jonathan Easton

Jennifer Cox, MA, LPC

Help is here. To start the path to a better tomorrow, **call us today!**

**Phone: 815.344.9443 or
Email: cftsap@gmail.com**

Psychodiagnostic Assessment

Individual Therapy

Couples Counseling

Family Counseling

Group Therapy

Meditation

Anger Management Counseling

Relaxation Techniques for Anxiety

Reiki Therapy for Well-being and Healing

About Us

services

At the Center for Therapeutic Services & Psychodiagnostics, we offer a range of services to help you grow and heal. We practice and provide a range of traditional therapies, in addition to holistic and complementary therapies.

At The Center for Therapeutic Services & Psychodiagnostic, we will work with you to understand your needs and tailor a results-oriented therapy program that fits your circumstances.

philosophy

The Center for Therapeutic Services & Psychodiagnostics practices results-focused therapy. We practice and provide a range of traditional therapies, in addition to holistic and complementary therapies.

We believe that there is no “one size fits all” approach that works for all patients. At The Center for Therapeutic Services & Psychodiagnostics, we will work with you to understand your needs and tailor a results-focused therapy program that fits your circumstances.

about

We practice and provide a range of traditional therapies, in addition to holistic and complementary therapies. Find out more about holistic, comprehensive therapy tailored to your needs.

At The Center for Therapeutic Services & Psychodiagnostics, we apply evidence-based practices and focus on therapies that deliver results for our clients. Find out more about results-focused therapy at the center.

Ready to make a change for the better in your life? Call us today to make an appointment.



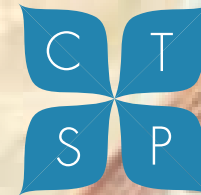
contact

The Center for Therapeutic Services & Psychodiagnostics is looking forward to helping you.

To get in touch, just fill out the contact form or the right and click Send. Or, just call us on the phone or send us an email.

Our hours are Monday-Sunday 9am-9pm. There will be times on weekends, holidays, or after primary business hours that we will be unavailable to take your telephone call. Please leave a voice message and we will return your call as soon as possible.

Call us at: (815) 344 - 9443



Center for Therapeutic Services & Psychodiagnostics

Blending Traditional and
Holistic Therapies



Group Therapy

The Center for Therapeutic Services & Psychodiagnostics offers group therapy where you can explore, grow and heal in a safe and protective environment.

Group Therapy consists of the following:

Parenting.
Domestic Violence.
Anger Management.
Substance Abuse.
Dialectical Behavioral Therapy (DBT).
Coping Skills Group.
Relaxation Group (Stress and Anxiety Reduction).
Social Skills Group for Aspergers and Autism.
Self Esteem.

About Us

We practice and provide a range of traditional therapies, in addition to holistic and complementary therapies. Find out more about holistic, comprehensive therapy tailored to your needs.

We are committed to helping you with the most comprehensive, holistic services that are established in evidence-based treatment.

At The Center for Therapeutic Services & Psychodiagnostics, we apply evidence-based practices and focus on therapies that deliver results for our clients. Find out more about results-focused therapy at the center.

Ready to make a change for the better in your life? Call us today to make an appointment.

(815) 344-9443

Family Counseling

Family therapy can help family members improve communication and resolve conflicts. At The Center for Therapeutic Services & Psychodiagnostics, licensed therapists provide family therapy in McHenry, IL. Our therapists have graduate or postgraduate degrees — and additional training for marriage and family therapy.

In therapy, you will learn skills to deepen family connections and skills to navigate stressful situations.

Results Based Therapy to Improve Relationships:

Family therapy can improve difficult relationships with your children, channel conflicts between parents and children towards productive resolution, help your family deal with the impact of substance abuse or a mental illness on the entire family.

Reiki Therapy for Well-being and Healing

Reiki (pronounced Rei-ki) is an ancient healing art that is still used today to treat an array of ailments.

Reiki is based on an Eastern belief in a “universal energy” that supports the body’s innate or natural healing abilities. Reiki has been passed down through generations of holistic healers who seek to apply the keys to accessing the “universal energy” that unites us all.

The meaning of Reiki is split into two parts: Rei means universal or cosmic life force, and ki means the energy that connects us all. This “ki” is more commonly known as “Chi” or “Prana”. Whatever you decide to call it, Reiki works with this powerful energy to bring about increased wellness and an overall sense of well being.

The Center for Therapeutic Services and Psychodiagnostics is happy to offer Reiki as one of the many treatment options to help clients achieve an optimum state of wellness.

Couples Counseling

Marriage counseling, also called couples therapy or couples counseling, can help couples of all types improve their relationships. At The Center for Therapeutic Services & Psychodiagnostics, couples counseling is provided by licensed therapists. Our therapists have graduate or postgraduate degrees — and additional training for marriage and family therapy.

Marriage counseling typically includes both partners, but sometimes one partner chooses to work with the therapist.

Marriage counseling consists of the following:

- Communication challenges
- Sexual difficulties
- Conflicts about child rearing
- Negotiating blended families
- Addictions
- Financial conflicts
- Anger
- Infidelity
- Divorce

Relaxation Techniques for Anxiety

CFTSAP counseling provides relaxation techniques for anxiety in McHenry, IL. One way to combat stress and anxiety on a daily basis is to practice relaxation techniques over the course of the day. If you are suffering from anxiety, we can help! CFTSAP helps clients overcome anxiety, PTSD and trauma, and fears using a variety of relaxation techniques and exercises in combination with counseling.

In counseling, you may learn to employ various relaxation techniques for anxiety such as visualization, progressive muscle relaxation, or breathing exercises. These varied techniques can be incorporated to help you gain relief from anxiety symptoms and attacks.

A combination of counseling and employed relaxation techniques for anxiety can help you to experience:

- Reduced chances of being caught by a full-fledged anxiety attack
- A boost in confidence to handle daily challenges
- Improved concentration
- Reduced frustration and anger

Individual Therapy

We help our clients grow, heal, and learn coping skills. Life can get better.

At The Center for Therapeutic Services & Psychodiagnostics, we help individuals achieve greater levels of happiness, function and wellness. Therapy might address anxiety, depression, trauma and other challenges.

In therapy (also called counseling or psychotherapy), you will work one-on-one with a trained therapist in a safe environment. At the center, therapy is focused on delivering tangible benefits in a reasonable period of time.

Individual therapy consists of the following:

Cognitive Behavior Therapy
Behavioral Modification
Solution-Focused/Brief Therapy
Interpersonal Therapy
Crisis Intervention
Person-Centered Process Experiential
Eye Movement Desensitization and Reprocessing
Applied Behavior Analysis
Hypnosis
Motivational Interviewing
Existential Therapy
Humanistic Therapy

Anger Management Counseling

Anger management counseling in McHenry with CFTSAP. Anger is not naturally good or bad. In the proper situation, anger can be a useful response to the situation you are in. However, when you frequently lose control of your anger, you will find that it can end up hurting you and those around you. If you find that you are more inclined to “let out” your anger, it might be time to get help from anger management counseling.

Anger gives us the power to defend ourselves when we need to fight for our survival. However, when out of control, anger is much more likely to hurt us and others.

Anger may be a natural response to a difficult situation, but how you choose to respond to your anger is up to you. You may already have tried venting your anger, bottling it up, or trying to calm down with no success. Perhaps you are already aware of how your anger is holding you back from success at work, or with personal relationships. Anger management counseling can help you learn to respond proportionally and control the way you express your anger.

Take a step forward and preventing anger from affecting your life.

Psychodiagnostic Assessment

Do you suspect that you or your child have an underlying issue that has not been diagnosed?

Do you see evidence of an underlying problem manifest as social and emotional difficulties, adjustment problems, disruptive behavior and unexplained psychiatric symptoms, but you haven't put your finger on the underlying disorder? Has your physician, teacher, counselor or therapist made a referral for a standardized evaluation or psychological assessment?

The Center provides comprehensive psychodiagnostic testing to individuals of all ages who present with a wide range of problems. Our assessments are thorough, individualized and geared toward helping identify specific underlying problems.

We apply a wide range of psychodiagnosics:

- Behavioral
- Social/Emotional
- Neuropsychological
- Forensic/Correctional
- Substance Abuse/Dependency
- Cognitive Assessment
- Pervasive Developmental Disorder
- Attention Deficit/Hyperactivity (ADD, ADHD)
- Achievement/Assessment for Learning
- Disabilities
- Personality
- Evidence Based Assessment

Meditation

Learn to quiet your mind and relax as you slow down your breathing and awaken your body's energy centers.

Mindful Meditation

The most well-known type of meditation, mindfulness meditation, focuses on being present in the moment.

Loving Kindness Meditation

The focus of this healing and therapeutic form of meditation is to increase a sense of well-being and improve interpersonal relationships.

Spiritual Meditation

This type of meditation focuses on our inner divine being.

Focused Meditation

This meditation style focuses on a sound, an object, a mantra, or a thought to help the students harness the energy of the mind, using relaxing music, Tibetan chimes and chanting.

Movement Meditation

Movement meditation is extremely uplifting and relaxing.

Mantra Meditation

Mantras are words that are chanted during meditation to train the mind to respond to them as a source of relaxation during stressful times.

Learn about other types of meditation practices we can offer.